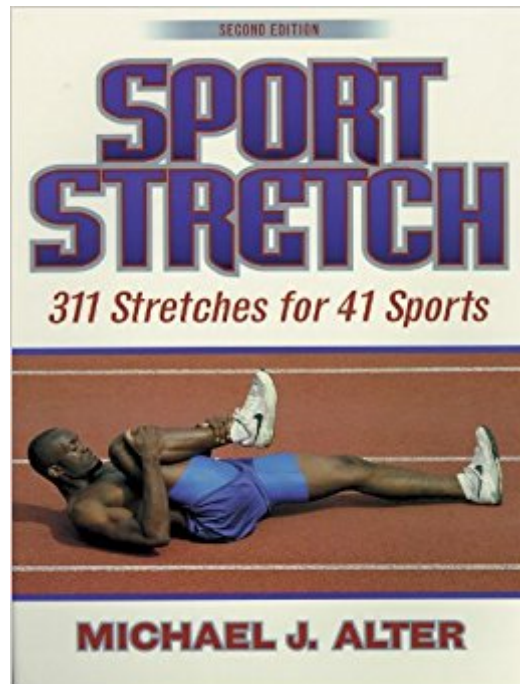




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# Sport Stretch, 2nd Edition: 311 Stretches For 41 Sports



## Synopsis

" This new edition of Sport Stretch is a complete guide to flexibility for both weekend warriors and elite competitors. It features more stretches than the first edition, a new user-friendly layout, and more background information on the hows and whys of stretching. The centerpieces of this comprehensive book are its illustrations and step-by-step guidelines for 311 different stretches. The stretches can be used individually or grouped with other stretches to form a personalized flexibility program. Athletes looking to use the stretches to improve performance in a specific sport will love the book's Stretching Program section. It's full of handy tables that detail the most effective exercises for individual sports. There are sample programs for 41 sports in all! Sport Stretch also provides a selection of "All Star" stretches. These include the single best stretches for 28 muscle groups and the 12 best stretches overall. The exercises are perfect to use for warming up and cooling down. For those who are looking for background information on flexibility, this book explains the basic principles of stretching and describes how the body responds during stretching. Readers will discover what causes muscle soreness, how increased flexibility translates directly into better performance and lessens the chances of injury, and more. Sport Stretch has everything athletes need to limber up and play their best. It takes the guesswork out of stretching by providing 311 exercises for 41 sports. "

## Book Information

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Alternative Medicine > Massage #140 in Books > Medical Books > Medicine > Sports Medicine

## Customer Reviews

"The American Running and Fitness Association has been recommending Sport Stretch since it first came out. This new edition is even better. Alter provides a smorgasbord of stretches, so it's

easy to find one that works for you. No matter what your sport is, Alter can help your flexibility, and possibly your performance."""Susan KalishFormer Executive DirectorAmerican Running and Fitness Association "

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As a massage therapist, I see all sorts of clients. This book is a handy reference to help my clients who participate in certain sports with stretches targeted at specific areas. I did, however, find the organization of the book somewhat challenging. I felt like I needed to do a lot of page flipping in order to fully utilize the book. The information was still incredibly helpful.

great stuff.....

I have used this book on every athlete I have trained some great stretches I have never seen before. I would strongly recommend this book!

very informative

probably the best stretchy boot on the market.

Another go-to book for me, i keep it in my bookcase if i want to do a stretch i use only occasionally. Its well worth the money!

GreatSeller,ItemPerfect,Emails,FastShipper & trustworthy-that's what's important

Great book.

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